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The new system replaces the previous \$35 deposit paid at the beginning of a student's enrollment at NWMSU. Upon completion of a degree or withdrawal from the University, \$25 was refunded.

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economics," said Dr. Briggs. "The \$35 deposit didn't allow much money for buying new textbooks very often, and this meant some books being used weren't as current as they should have been."

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NORTHWEST MISSOURIAN

Northwest Missouri State University, Maryville, Missouri, 64468

Vol. 39 No. 2

July 8, 1977

College students suffer frustrations of insomnia

Robert Gard

D.R. is a 22-year-old NWMSU coed whose GPA has slipped nearly two points in the past year, from a 3.63 as a sophomore until it is now only about 1.85.

She attributes the slip to her inability to pay attention during class, which is directly related to a lack of sleep. She always seems to drop off to sleep immediately upon going to bed but

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awakens unrefreshed, as if she hasn't slept all night. D.R. has tried sleeping long hours, sometimes as many as nine to 10 a night, but it hasn't seemed to help her any.

C.M., a 20-year-old junior, on the other hand, has trouble falling asleep. "Sometimes I'll lie in bed for hours before I finally get to sleep. Then it's no time at all before I have to get up again." His GPA has also slipped because of his inability to concentrate on his homework.

D.R. and C.M. are two of the nation's 20-30 million insomniacs, approximately 840,000 of whom are college students.

Insomnia is a poorly understood condition which literally means "lack of sleep." Only recently, sleep researchers have renamed the condition hypsomnia, or "too little sleep."

Three standard criteria are used in defining insomnia: difficulty in falling asleep, waking up during the night and being unable to return to sleep.

There are a number of causes for the problem, but the two primary roots of the problem are tension and a physical disorder called nocturnal myoclonus, a rhythmic twitching of muscles in the legs.

The latter may arouse a sleeper five to fifteen seconds at a time as many as 300 to 400 times a night. D.R. is one of the three to six million Americans who suffer from nocturnal myoclonus.

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twitches, and in fact would possibly never have known she had the disorder if she hadn't gotten married, but the near-constant disruptions of the twitching are the principal reasons she never gets a "good night's sleep."

Most insomnia, however, is caused by tension. C.M. is unable to sleep well because of his constant worries about his schoolwork. This is a form of tension known as "Arousing ideation," better known as racing mind, and is usually associated with anticipation of future events or worry about past ones.

"I'll start thinking about an assignment, and then fidget around in bed for hours worrying about it," C.M. said.

Fear of nightmares is another type of tension responsible for many cases of insomnia. This insomnia actually feeds on itself. The most psychologically significant dreams occur during periods of rapid eye movement (REM).

When a dream-fearing insomniac resorts to sleeping pills, which curb REM, to get to sleep, or doesn't sleep

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long enough to get sufficient REM sleep, he is suppressing or avoiding the dream-filled REM sleep. Then when the sleeper's need for REM sleep reaches the critical stage, as it eventually must, his dreams are likely to be temporarily more vivid and terrifying than before.

People spend hundreds of millions of dollars a year on drugs, mechanical devices, hypnotherapy, sleep clinics and even how-to-sleep college courses in an effort to improve the quality of their sleep.

Some five billion doses of tranquilizers and another five billion doses of sleeping pills are sold by the American drug industry annually. Conversely, though, drugs are the worst remedy for a true

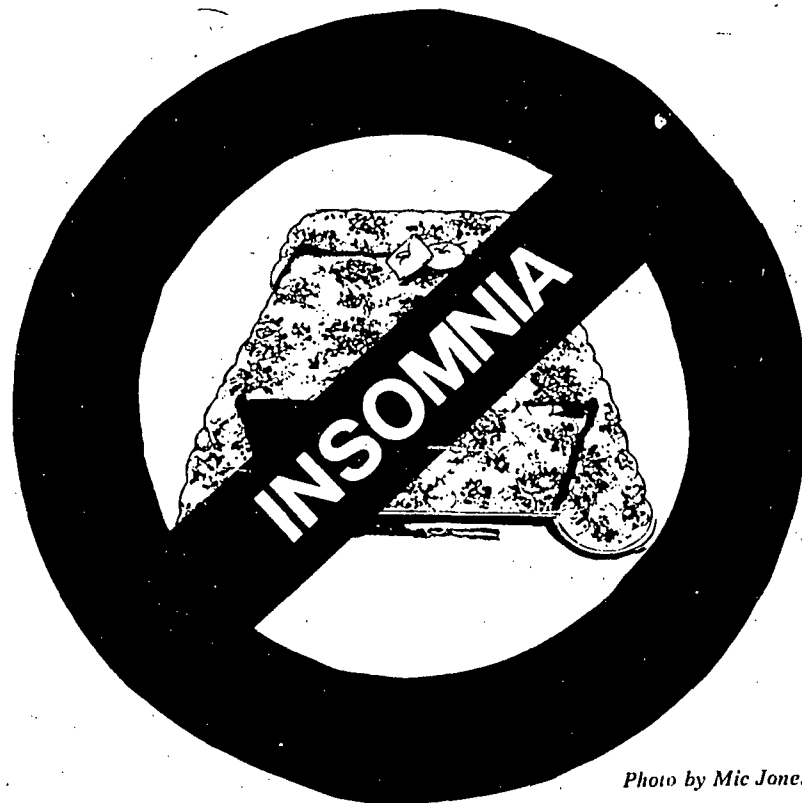


Photo by Mic Jones.

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Dr. Anthony Kales of Pennsylvania's Milton S. Hershey Medical Center has done research that proves drug-induced sleep is of poor quality and insomniacs who get into the drug habit soon build up a tolerance to them and must keep on taking them to avoid a new sleep problem, drug-withdrawal insomnia.

Perhaps the best cure for insomnia is to "get relaxed," said Dr. Alan Hayes of the University of Utah.

"One effective technique is progressive relaxation, developed in the early 1900's" Dr. Hayes said. "It consists of conscious tensing and relaxing of the muscles." While in bed the subject begins by tensing and relaxing the toes for a few moments, and then progressing upward, muscle group by muscle group, to the head.

Dr. Hayes teaches this and other sleep-inducing techniques in a class on "insomnia for insomniacs." To qualify for the class, a student must exhibit one of the criteria used in defining insomnia.

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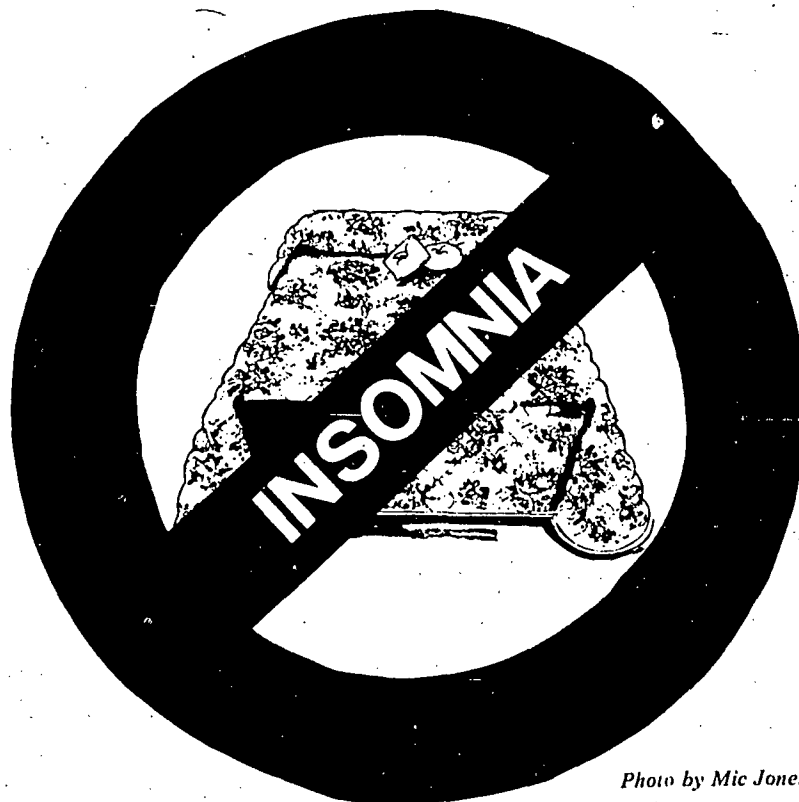


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Former teacher considers retirement as challenging

Bette Hass

Most people think of retirement as a time to relax, but for Opal Eckert, the years since she retired from teaching at NWMSU have been just as busy as the ones during her stay on campus.

"I don't like to think of myself as being old or a senior citizen," she said. "I think age is a matter of interests and what you can do and what you can contribute to the lives of others."

And contribution has been the name of the game for Eckert. While teaching journalism at NWMSU, she started some scholarship funds to which she contributes steadily. In addition to her class schedule, she wrote for the *St. Joseph News Press*, sometimes using some of her students' work, and put all of the money earned into the scholarships.

After her "retirement," Eckert became active in other journalistic work, such as writing a weekly column for the *Maryville Daily Forum* called "Grass Root Reflections" and co-editing a book called *Tales of Nodaway County* for the Nodaway County Historical Society, as well as keeping up her work for the *St. Joseph* newspaper. All the money she has earned from this work has gone into the scholarships she founded, and she hopes to build up enough money that the interest will keep the funds self-perpetuating.

Volunteer work is also prominent in Eckert's busy schedule. Two days a week, she spends her mornings working on the weekly newsletters sent out by the First Christian Church of Maryville. She has also been asked by the Maryville

Citizens for Community Action (MCCA) to work closely with them in studying and evaluating the programs in the Maryville public schools.

Though she's always careful to keep from boasting about her accomplishments, Eckert must admit that there are several good reasons that she was chosen by the MCCA. "Since I worked with the State Department of Education on planning and setting up the curriculum for both English and journalism departments and was co-editor of the only journalism curriculum guide Missouri's ever had, I do have a little background into this," she said.

Eckert noted that most of the work she has been involved in has come about through invitations rather than her personally applying. She told of the time that she first became involved in teaching at NWMSU. It was when Dr. Robert Foster had just become president of the institution. He went to her (she was then teaching in the Maryville public high school) and asked her to consider changing jobs again because she had built up such a good journalism program in Maryville.

This led to more than 10 years of teaching at the college level. When retirement time finally came in the spring of 1975, Eckert concluded a 52-year career which began at age 16.

Now, after two years outside the teaching field, she admits she misses it. "I miss the students and the teachers. . . I do miss teaching. As my father used to



Opal Eckert retired from teaching journalism at NWMSU two years ago, but she's still as busy as ever. She writes for the *MARYVILLE DAILY*

FORUM and the *ST. JOSEPH NEWS PRESS*, as well as doing volunteer work. Photo courtesy of TOWER.

say, I'd teach my paper dolls. I just tried to teach everybody. If I have some knowledge, I like to share it. I miss that part of it, but I don't miss grading papers," she added. "I think I've graded my share of papers and I don't miss that at all," she said.

As for her present career, Eckert said that, "there's a bit more freedom about what I'm doing now, which comes with maturity, I guess." She admits that she probably keeps herself too busy, but she doesn't regret a bit of it. If she gets tired

she just goes home to rest until she's ready to go again.

"I've just got more ideas than I can handle right now," she said. Always on the lookout for a good story idea for her column in the *Daily Forum*, Eckert said that she will probably never have time to write about all the ideas she comes up with.

"One of my problems is that I have too much enthusiasm, too much curiosity about things," she said. But this does have its good points. As she said, "There are never any dull moments in my life."

Employment search requires preparation

Graduation brings up the issue of job-hunting and that might be a problem. A good resume will help iron the problems out of getting that job.

Preparation of a resume should be started a year before you want the job. The reason to start in advance is to have everything included and written well. Director of Placement Donald Carlile's definition of a resume is "a picture in words of your qualifications." According to the Placement Office, you also need to send a letter of application or inquiry.

There are two types of resumes: chronological and functional. A chronological resume includes job objectives, work experience, education, early back-

ground, skills and interests and your references. A functional resume includes work objectives, work experience, education and personal data. A person should be complete but not bore the reader to death.

Consideration should be made before putting too many limitations on yourself when job-hunting. Many people pass up jobs that would fulfill them because the job was in the "wrong" place. Maybe the job is in the "right" place but they're not willing to accept the challenge.

Do not put in additional information. Extra care should be made to be sure all information is correct. The first information a prospective employer has

concerning you is your resume. Be sure it puts your best foot forward, not your foot in your mouth.



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Insomnia continued

continued from page 1

Dr. Arthur Freese, author of *How Hypnosis Can Help You*, recommended hypnosis for insomnia as well as a variety of other anxiety-related problems.

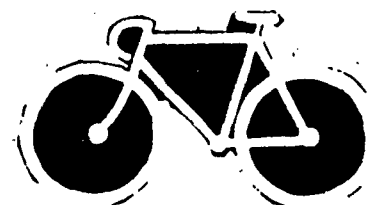
"Where insomnia is a problem, hypnosis is certainly better and more effective than medication," said Dr. Freese. "After all, if drugs really worked there would be no insomnia problem."

There is no real cure for nocturnal myoclonus, but a drug called diazepam has been found to be partially effective in treating it. In some cases, it can cut the number of leg twitches by as much as 95

percent. The treatment is one of the few drugs that any reputable physician will use to treat a sleep disorder that contributes to insomnia.

A last-resort treatment for insomnia was mentioned by Andre Castlet in his writings on Paris in the time following the French Revolution. According to an article in the June 20 issue of *moneysworth* magazine, an elderly Paris banker could fall asleep only to the sound of young and cultivated feminine voices. So he hired several young women to stand around his bed and talk while he slept.

GET YOUR WHEELS AT:



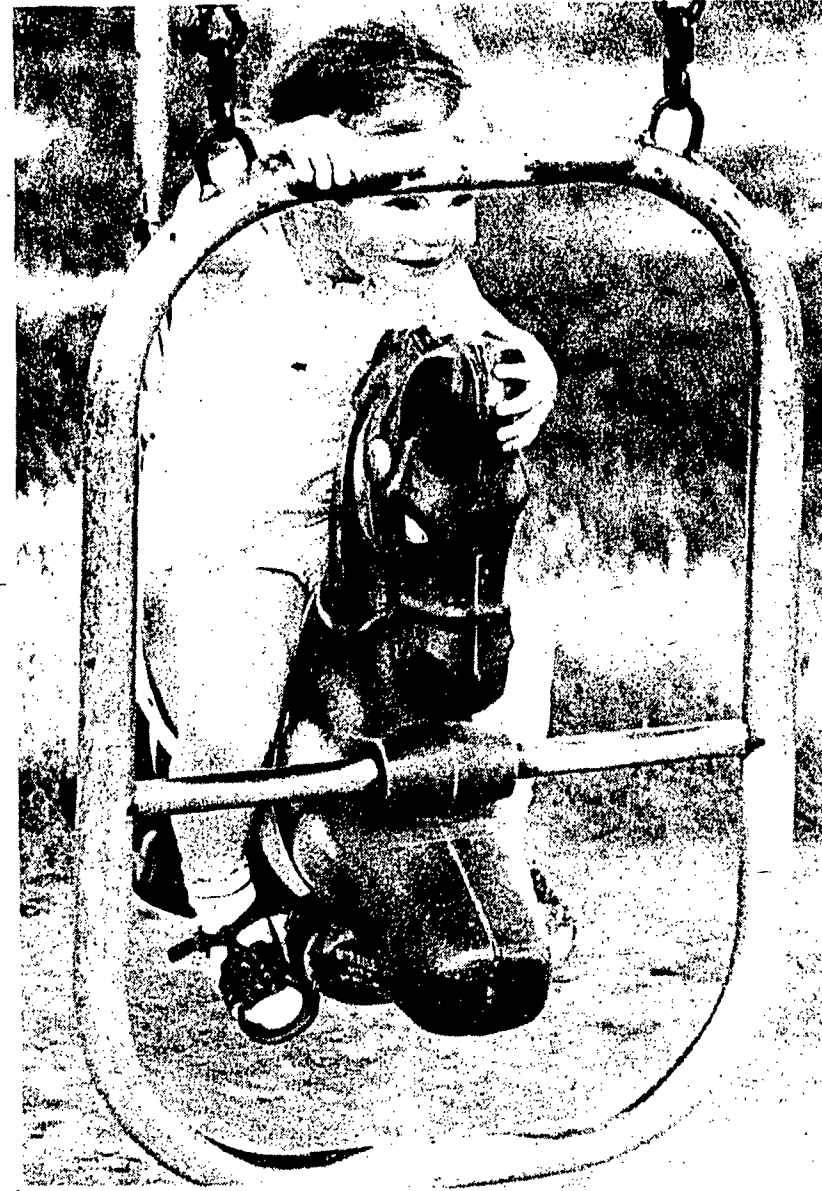
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BIKES—ACCESSORIES—REPAIRS



July 4th—back to normal for another 99 years

Photos, layout and text by Mic Jones

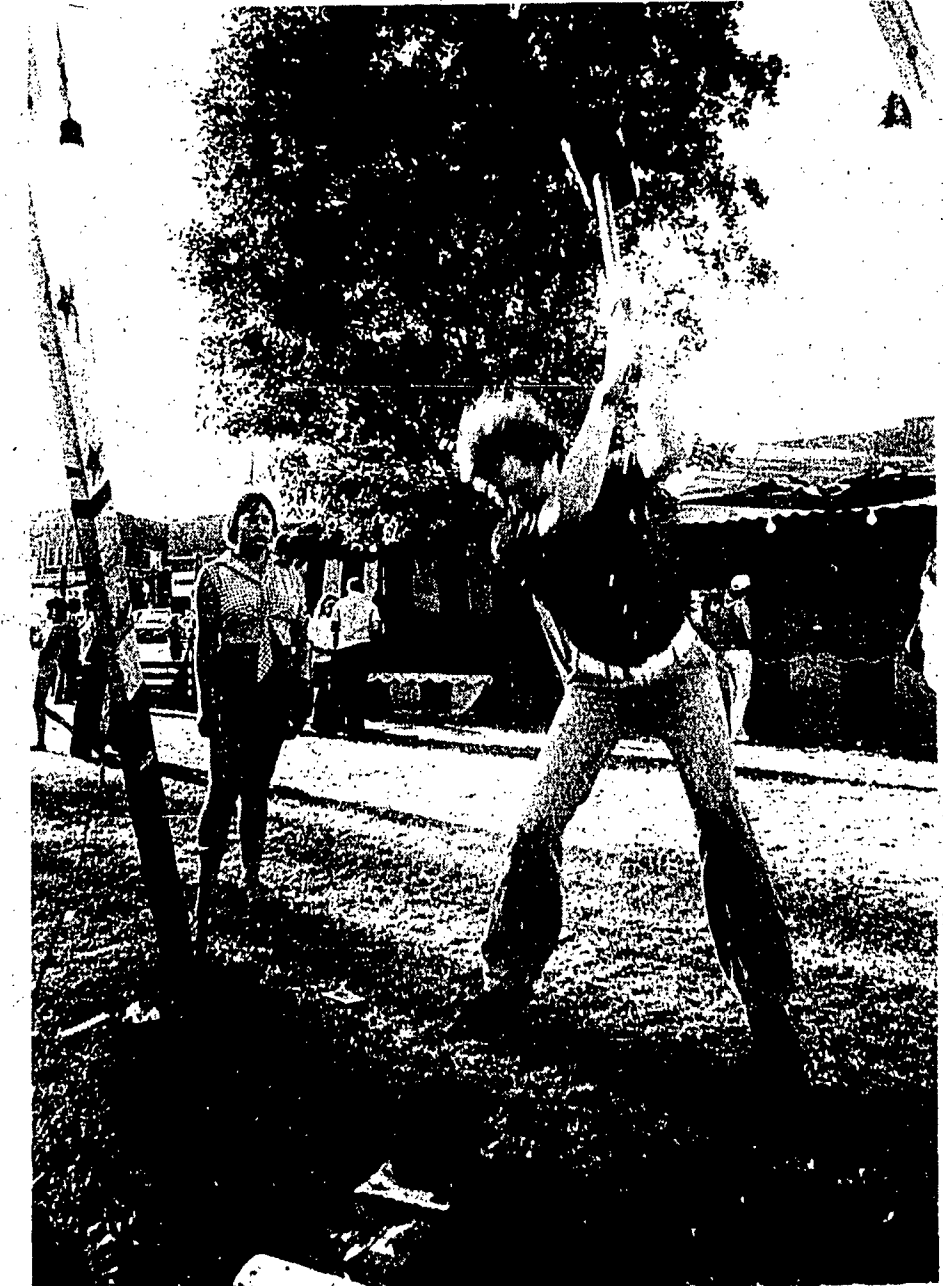
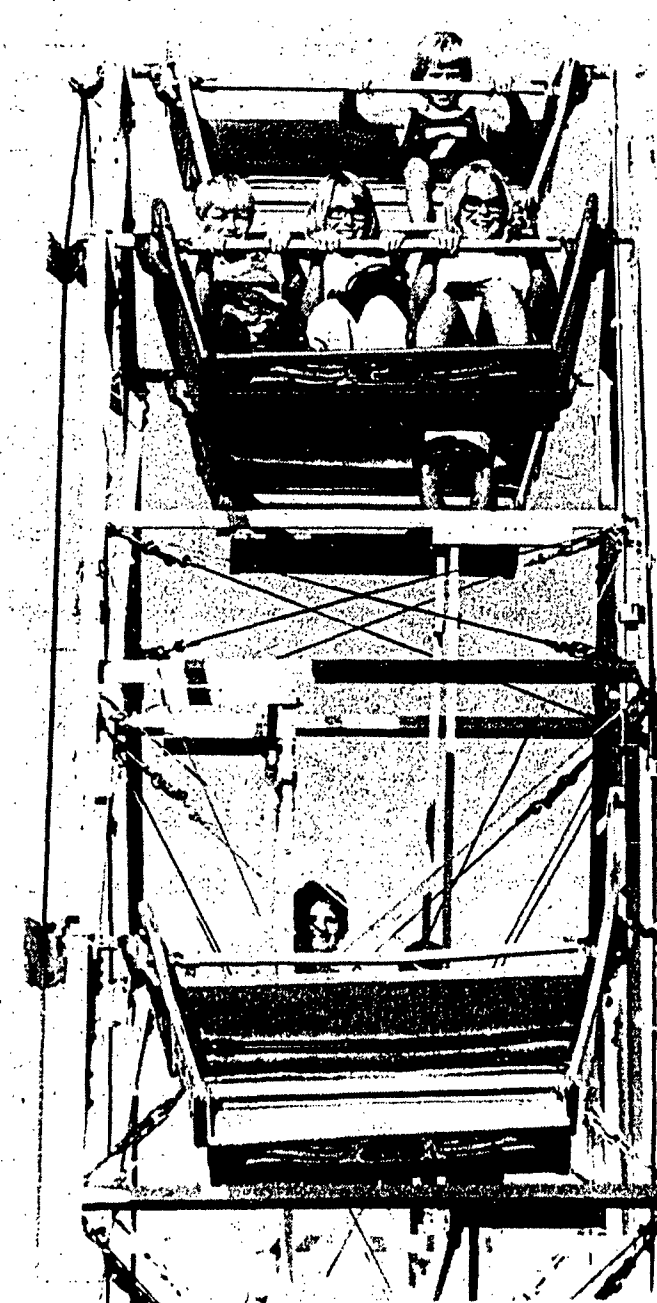
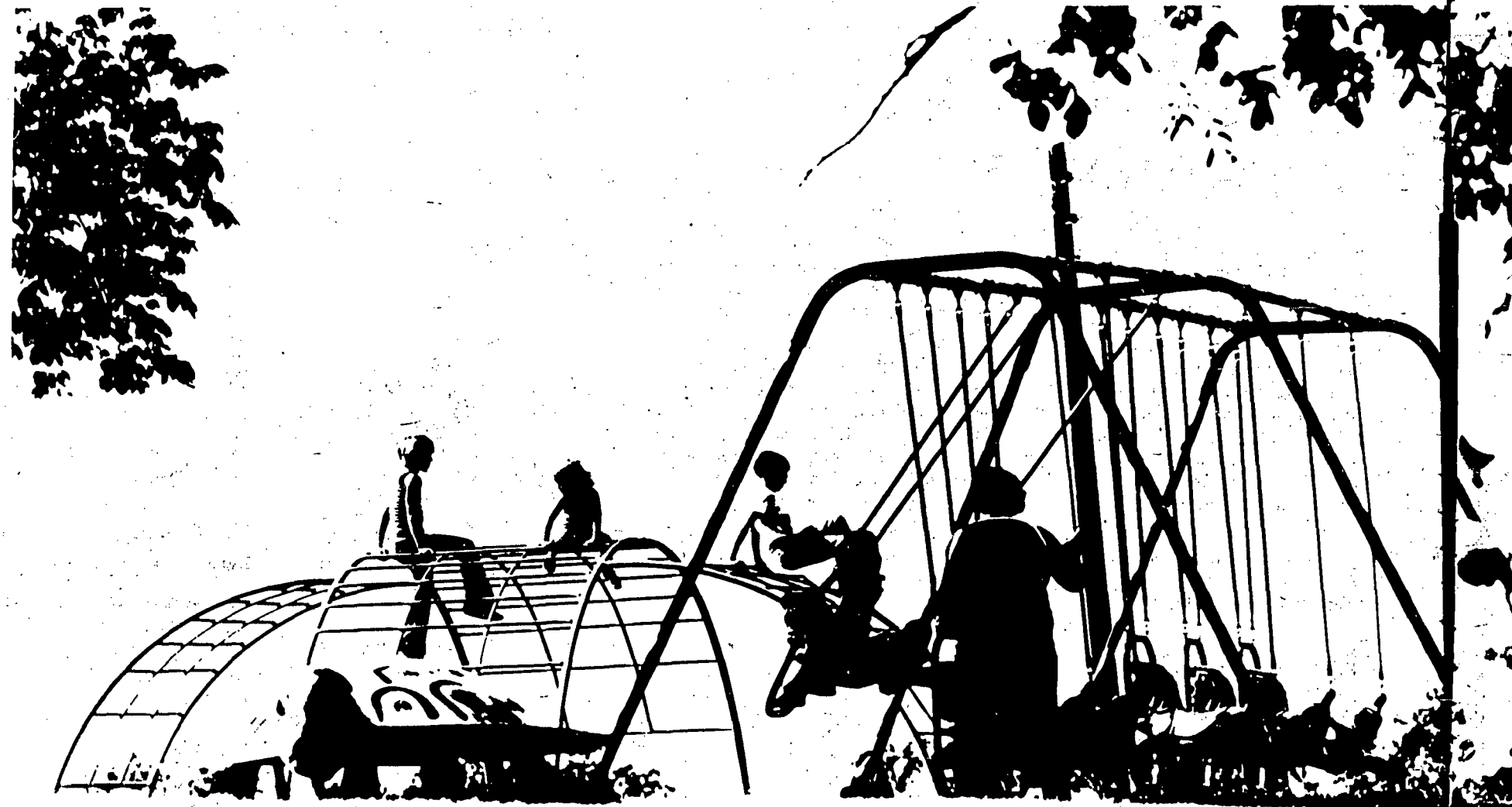
The weekend in Maryville was hot as a firecracker as citizens of all ages came out in droves to celebrate Independence Day plus Two Hundred and One.

Many things were missing, like a Bicen-plus-one-ennial commission.

Some of the other things that were conspicuously missing were:

Bicentennial frisbees; yo-yos, paper plates, napkins, cups, tie tacks, lapel pins, brooches, earrings, baseball caps, designated communities and campuses, flags, sales, and all the rest of the ubiquitous commercialization thereof.
The Tall Ships
200 years ago today . . .
Wooden teeth jokes
Red, White and Blue ice cream
Boston Tea Party reenactments
Uncle Sam hats and stilts
The elections.

In a period that seemed to last 200 years, we were all fed some or all of these through the sadistic generosity of the media. So, in the name of sanity, presented here are some of the things we did this year.



Cinema Radio featured at local drive-in theater

Families in Maryville and the surrounding area will soon be able once again to load into their cars and head for the drive-in.

Cinema Entertainment, a locally based theater firm, is developing a new 300 car facility located approximately three miles south of Maryville, adjacent to the Eagles' Lodge.

Brian Wunder, owner of the land and developer for the project, said, "The drive-in will cater to all ages with first-run current films. My experience in running theaters has shown me that you must spend money to get good movies, and you must work on advanced bookings. Drive-ins usually show the top movies of the past year that have already been run at indoor theaters, but, if possible, we may run some first time shows in Maryville at the drive-in. I plan on booking 'Rocky', 'A Star Is Born' and 'Star Wars' as soon as possible."

Wunder, who previously ran the Dude Ranch Drive-In, said, "I knew that a theater in the Maryville area was worthwhile economically, and a new drive-in was needed to fill a hole in the recreation available around here."

The theater will use "Cinema Radio" a new sound system which transmits the movie soundtrack over the viewer's own car radio.

"This is done by actually having a low power radio station located at the drive-in. The station's frequency is so low that it won't leak out of the drive-in area. An underground cable on each car ramp will carry the sound. People who have quadraphonic systems in their cars will really be in for a sound treat, but even regular car radios will create a much better sound than the old speaker box system," explained Wunder.

This revolutionary new idea also eliminates breakage and vandalism so prevalent with the old speaker system.

Wunder, who began serious planning for his new venture in April, said that "the admission won't exceed prices already charged at theaters in Maryville, and a double feature will be shown each evening unless the main movie is so long that the running would last until the early hours of the morning."

The screen and concession stand are being constructed this week, and a July opening is anticipated.



The construction of the concession stand and screen for Maryville's new drive-in is being supervised this week by Brian Wunder, owner and developer of the project. Wunder anticipates a July opening. Photo by Mic Jones.

Doctored credentials fool admissions officers

Daniel W. Lindley

(CPS)--Two ex-students have proved true that age-old reassurance offered by admissions officers that grades and test scores are not the only credentials that count in gaining admission to college. You can also cheat your way in, as flustered admissions personnel at Yale and West Virginia University have learned.

Yale faculty and administrators shivered with expectant delight as Patrick Michael McDermit, alias Andrea Alrea, entered the Ivy League school's freshman class last September. After all, his high school grades were excellent, his recommendations gushed endless approval, his command of several foreign languages encompassed Portuguese and a dialect of a long-extinct tongue in India, and in the three years since he had finished school, he had garnered a \$30 million nest egg through successful business deals and investments.

So his application said. Not until December 1, when he withdrew from school, did Yale officials learn that McDermit had doctored his transcripts and in effect taken on a second identity. "I just got tired of playing the game," McDermit explained.

Formerly a construction worker in Los Angeles, the self-proclaimed genius estimated he spent \$13,000 on his game. Costs included in the bill were dummy telephone extensions, a post office box, rental of a hotel suite, fine clothes and travel expenses.

"Admissions is trying to tighten checking, but we don't run a police service," noted a University spokesman. "The only way we could have stopped him would have been by using the school's alumni committee in Los Angeles. We could have told one of our alumni who is a banker in Beverly Hills, 'Hey, this guy looks too good,' and he could have interviewed him."

Yale students, continued the spokesman, are disheartened that McDermit left because they think he was bright enough to stay. However, the University administration takes a dim view of McDermit's hoax, he added. Meanwhile, the ex-Eli has departed for Paris to write a book.

At West Virginia University in Morgantown, a student who entered the medical school there on the strength of a falsified transcript in 1972 was expelled, reinstated and expelled once again. Steve North, 38, has obtained the services of a Morgantown lawyer who has

convinced the State Supreme Court of Appeals to hear the case. The suit charges that it was the college's responsibility to properly authenticate the transcript when North applied. The former student desires readmission.

North claims that he personally did not alter the transcripts, but that he was aware that his records had been falsified when submitted to the school. He contends that the University's student handbook has no section pertaining to his action and that he broke no law or regulation.

"Do you think we need a rule?" Dr. David Morgan, associate dean of the medical school, asked in a telephone interview.

Associate Dean North attributed personal transcript beautification to the strong desire of students to become matriculated in highly competitive schools, and added that "I think the overwhelming number of applications are legitimate."

The registrar at WVU was reluctant to

state how future violations of admissions ethics might be forestalled, but offered that "we don't consider transcripts official that don't come directly from other schools. I can't imagine how that one got by."

Asked if she was anticipating more falsified admissions documents, she could only reply, "Well, sir, I hope not."

classifieds

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BEARFACTS

All past Tower photographers are asked to pick up their negatives at McCracken Hall as soon as possible. Any negatives not picked up will be thrown away.

Masses will resume at the Newman House on July 10.

Dr. Gerald Swain, a candidate for the post of vice president of academic affairs, will be on campus July 8 to meet with students and faculty. He is the chief academic officer of Lander College in Greensboro, S.C., and will be in Room 207 of the Administration Building to meet with faculty at 1 p.m. and students at 3 p.m.

Dr. George English, dean of arts and sciences at Evansville University in Evansville, Ind., will be on campus to meet with students at 11 a.m. on July 13. He is also a candidate for vice president of academic affairs.

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Women gain on men in athletic competition

Dr. Kenneth F. Dyer and Barry R. Toms

(PNS)--In 1976, an American woman, Miki Gorman, ran a marathon in two hours, 39 minutes and 11 seconds--fast enough to have won the men's Olympic gold medal in 1896, 1900, 1908 or 1924.

Fifty years ago, a woman became the first person ever to swim the English Channel, and today the fastest times for the channel crossing--in both directions--are still held by women.

And in shorter events female swimmers from East Germany, the U.S. and Australia regularly turn in faster times than male swimmers from many other countries.

Success in sports is 90 percent motivation.

All of which adds up to a convincing rebuttal to the old "self-evident" truth that biological reasons alone prevent women from equaling men in sports.

Women may never hit a baseball as far as Mickey Mantle or serve a tennis ball as hard as Jimmy Connors. But in other sporting events they may be biologically superior to men.

Long-distance running and swimming provide a case in point. Dr. Joan Ulyot, a doctor of sports medicine and herself a runner, said women have more body fat than men, so even after men have used up their source of energy (carbohydrates) women can keep going on their body fat.

This lets them run or swim farther, if not necessarily faster, than men, she said--and it may explain the female dominance of English Channel swimming.

In shorter races as well as the, long-distance events women's times are progressively catching up with men's.

The women's 100-meter world record was first recognized in 1934 at 11.7 seconds. For the same year the men's record was 10.3 seconds, a superiority of 13.6 percent.

By 1954 the difference in the two records had declined to 11.8 percent, and in 1974 to 9.1 percent. Between 1934 and 1974 the difference between men's and women's 800-meter records also dropped steadily--from 24.6 percent to 11.4 percent.

Predicting the future is always a risky business, but all the figures available indicate that average performance in speed and endurance events for women could eventually equal that of men.

While women may be improving their performance compared with men, they've been sadly neglected in the U.S., according to *Womensports* magazine, which reported that American universities spend little more than two percent of their total athletic budget on women's sports.

"Enthusiasm is fine, but you can't really do a good job without money."

"Money is a big part of making a program go, and men's sports have tremendous control over it," said women's coach Kathy Scott.

Enthusiasm is fine, she said, but you can't really do a good job without money. Another problem is the lack of facilities

and coaches. Many women's coaches don't put all their efforts into their jobs because they feel they aren't getting any help from school administrators and others, according to one coach.

"After a while, they throw up their hands and say 'What's the use?'" she said.

U.S. women athletes also face outmoded training methods. For example, the conventional wisdom is that women cannot lift weights without developing bulging muscles.

But Dr. Jack Wilmore, head of physical education at the University of Arizona, said weight training will produce a great improvement in strength with negligible increase in muscle mass. In the same weight program, he said, women will develop only one-tenth the muscle mass of a man.

Another coach added that it's the male hormone testosterone that produces big muscles, and that women have only very small amounts of it in their bodies.

But the biggest barrier to U.S. women's sports performance may be psychological.

"Success in sports is 90 percent motivation," said LeRoy Walker, track coach at the University of North Carolina. And here, he said, U.S. women are at a tremendous disadvantage because they aren't raised to be competitive.

American women who are competitive and successful are taunted about their loss of "femininity," said Dr. Thomas Boslooper and Marcia Hayes in their book

Women who worry about their femininity lose their will to win.

Worrying about their femininity, they lose the will to win and, added one coach, "If you don't believe in yourself, you won't beat anybody."

Ultimately, women's success in sports will depend on their own heads, said Dr. Boslooper.



Dr. Earl Baker, cross country track coach, displays a trophy recently won by his team. After 17 years of coaching at NWMSU, the

University has been advertising an opening for his position during the last two weeks of June. Photo by Robert Gard.

P.E. department seeks new coach

Dr. Earl Baker's athletic coaching career at NWMSU might end at 17 years as the University has been advertising an opening for a men's cross country coach, the position Baker currently holds, during the last two weeks of June.

In addition to cross country coaching duties, directing the intramural program, serving as an assistant track coach and teaching first aid and safety classes in the Men's Health, Physical Education and Recreation Department, were listed in the position's job description. At the present, the position is no longer being advertised as open, nor are applications being accepted.

Dr. Burton Richey, chairman of men's Health, Physical Education and Recreation Department, who has been accepting the applications, said that Baker isn't totally out of the picture as the head cross country coach for this fall.

"We might not be able to find anyone who can carry out the duties listed in the job description and if that is the case, Dr. Baker may still be coaching cross country this fall," said Richey. "So, officially, no changes have been made within our department."

Excluding his cross country coaching responsibilities, Baker, who is a member

of the men's physical education staff, also serves as an adviser to both men and women recreation majors, advises the intramural commission and is one of the department's Faculty Senate representatives.

As coach of the cross country Bearcats for the past seven years, his teams have only finished in the lower half of the MIAA standings once and his small-meet coaching record stands at 32-18. Two of his teams have also finished among the NCAA Division II's top 15 teams.

His 1972 team became the first and only group of Bearcats to win a MIAA cross country championship. That victory was netted in Baker's third year of coaching the Bearcat hill-and-dalers. Before Baker took over as cross country coach, the Bearcats had failed to finish in the top half of the MIAA standings.

Baker also served as head track coach from 1961 to 1973 and his teams defeated 70, tied five, and lost 31 of the 106 opponents they met in small meets.

In June, 1973, Baker requested a reassignment of track coaching duties so he could devote more time to his cross country coaching and graduate and recreation program supervising duties.

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THE STROLLER



As the Stroller makes his summer treks to classes around campus, he is bewildered and befuddled by the changes he comes across in the Administration Building. Can this be the old, familiar Ad Building?

Needing to communicate with the chairman of the Speech and Theater Department on the fourth floor, he headed for the stairs, now neatly enclosed and labeled "Exit." As he climbed higher, each floor became more of a maze of unpainted walls, unlaidd rolls of carpet and unintelligible noises.

Breathlessly arriving at the top floor (bat haven), he was met with words that stung to the bottom of his empty, heaving lungs. "Why didn't you take the elevator?"

"You mean this building has an elevator in use for everyone?" he gasped.

Completing his top floor business, the Stroller decided to try out this new mechanical wizard of the old building, but when the elevator doors opened, a bit of distrust set in as he viewed the seemingly unfinished interior. Deciding to give it the old college try, he pressed the first floor button and the gears started their whirring sounds as he began a speedy descent, punctuated only by short stops at interval floors. He made it from top to bottom, four floors, in record time!

With such an industrialized mechanism now housed in the Ad Building, the Stroller couldn't help but wonder what other phenomenal changes might be just around the corner for NWMSU students.

Now if he could only figure out those unintelligible sounds that seemed to be coming from the very walls of the building. Surely a paint brush or hammer wouldn't emit such noises. Maybe it was the combination of their sounds--thud, thud-slap-whish-thud, thud-slap-whish--that made him feel he was part of a "Star Wars" movie.

When the uncontrollable urge struck him to unroll some carpet rolls just to see if something could be lurking snugly inside, he decided it was time to abandon the Ad Building until some semblance of order was restored there, or until his own sanity returned. And so, beating a hasty retreat out the front door, he emerged once again into the mainstream of sane (?) college life.

Saccharin ban may cause more harm than good

Bette Hass

On March 9 the Food and Drug Administration (FDA) proposed a ban on saccharin which would prohibit its use in diet soda, artificially sweetened foods and items such as toothpastes, mouthwashes and lipsticks.

This action leaves diabetics and dieters without any calorie-free sweetening agent in marketed foods and beverages.

Since that time much controversy has arisen. The ban was postponed for at least a year so more study can be done, but as it now stands, the ban is still scheduled to take effect in the late summer of 1978.

This action is too strong because it leaves diabetics without any calorie-free sweetening agent in marketed foods and beverages. In the past, saccharin has been of great help to diabetics in adhering to the requirement that they not

take in any sugar. Without such an aid, many of the more than 4,000,000 diabetics in the U.S. would find it hard to stick to such a diet.

This would also be true of obese people who run the risk of heart attacks. These people have already found it difficult to stick to a diet and a lack of sugar substitutes would make it even harder on them.

If saccharin presented a very real danger, a ban might be necessary. But the evidence in this case is contradictory.

As reported in the spring edition of the Joslin Diabetes Foundation's newsletter, "Saccharin has been used by millions of people for 80 years without any evidence that it has caused cancer."

The action taken in March was the result of a Canadian study in which a small percentage of rats fed large quantities of saccharin developed cancer of the bladder. The amounts in these tests were so high that people would have to drink 800 or more 12-ounce bottles or cans of diet soda daily for the rest of their lives to equal them.

The American Cancer Society, realizing the drawbacks to the proposed ban,

recently said that "Banning saccharin may cause great harm to many citizens while protecting a theoretical few."

Therefore, rather than taking such a drastic action as a ban, a label should be put on everything containing saccharin as has been done with cigarettes. This would keep the public informed of the hazard saccharin might present without causing more problems as a ban would do.

"Saccharin has been used by millions of people for 80 years without any evidence that it has caused cancer." . . .

One of the reasons this ban is to take place is the Delaney Clause of the Food, Drug and Cosmetic Act passed by Congress in 1958. It says that "no additive shall be deemed safe if it is found to induce cancer when ingested by man or animal."

In order for the proposed ban to be cancelled, therefore, this clause must be

modified. This can happen only if enough people make their congressmen aware of their opposition to the ban. Contact

"Banning saccharin may cause great harm to many citizens while protecting a theoretical few."

Senator Edward M. Kennedy, chairman of the subcommittee on health; Representative Paul G. Rogers, chairman of the House subcommittee on health and environment; and Joseph A. Califano, Jr., Secretary of Health, Education and Welfare (HEW). All of these men may be reached in Washington, D.C., by writing "SACCHARIN" prominently on the envelope or postcard.

People who don't use saccharin cannot sit back and let this happen just because it won't affect them. Everyone must become involved and prevent this ban from taking place.

NORTHWEST MISSOURIAN

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